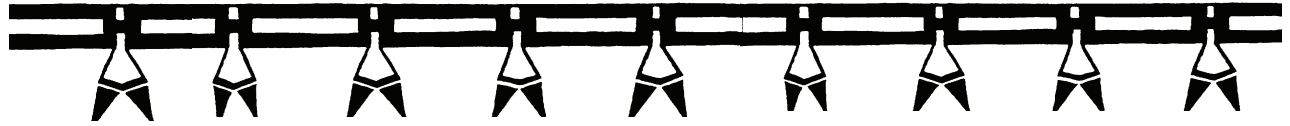


7: Healthy Relationships - Part 1



Purpose:

To recognize healthy and unhealthy aspects of relationships.

Stages of Change Process:

Getting information, thinking about how your actions affect others, knowing who you are

Learning Objectives:

By the end of this session, Native STAND members will be able to:

1. Describe at least four types of love.
2. Describe characteristics of a healthy relationship.
3. Objectively judge the quality of a romantic relationship against a written checklist.

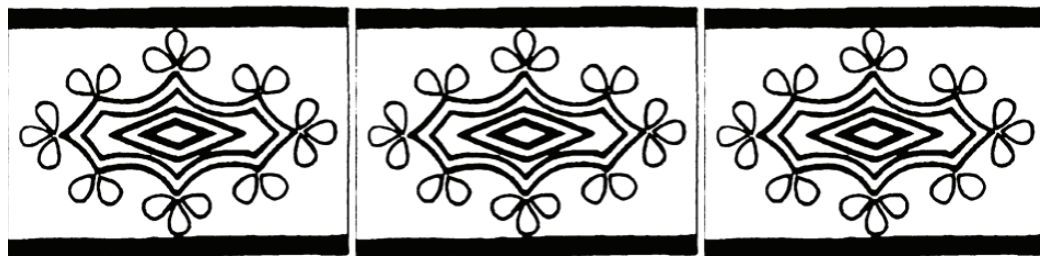
Supplies/Materials:

Resources/Handouts:

	RM	PM	HO
Words of Wisdom	●		
Phases of Love	●	●	
What's Love Got to Do With It?	●	●	
What is a Healthy Relationship?	●	●	
Are You in a Healthy Relationship?	●	●	
Ordering Information for "101 Ways" Brochure	●		

Preparation:

- Display Words of Wisdom



THINKING AHEAD:

- Order brochures for Session 10: "101 Ways of Making Love Without Really Doin' It"



1. Welcome/Overview

3-5 minutes, large group lecture, adult facilitator

- Review Session 6: Goals and Values.
- Answer any questions in the Question Box.
- Preview today's session.
- Read today's WOW.

**Love one another and do not strive
for another's undoing.**

Seneca

2. What Is Love?

10-15 minutes, large group lecture, adult facilitator

- What is love?
 - ◇ Strong affection
 - ◇ Personal attachment
 - ◇ Strong positive feelings one person has for another
 - ◇ Passionate desire, intimacy
 - ◇ Kindness, compassion, affection
 - ◇ "God is love"
 - ◇ Pleasure
- Are there different kinds of love? If so, what are some different kinds of love?
 - ◇ Romantic
 - ◇ Sexual
 - ◇ Puppy love/crushes
 - ◇ Familial
 - ◇ Platonic
 - ◇ Religious
 - ◇ Love of things and ideas (money, power, objects, causes, community)
 - ◇ Love of self
 - ◇ Unrequited
- Let's focus on romantic love. People who experience romantic love normally pass through certain phases: (Refer students to "Phases of Love" in the PM.)
 - ◇ The first phase is LUST
 - Initial passionate sexual desire that promotes mating
 - Increased release of certain chemicals that make you feel good
 - Rarely lasts more than a few weeks or months
 - ◇ The next phase is ATTRACTION
 - More individualized and romantic desire for a specific candidate for mating
 - Commitment to an individual mate forms
 - Generally lasts from 1½ to 3 years

Phases of Love



Lust

Passion, sexual desire
"Feel good" chemicals released in body
Lasts a few weeks or months



Attraction

Romantic desire for a specific person
Commitment to an individual
Lasts 1½ to 3 years



Attachment

Intense bonding with another person
Mutual commitments, such as marriage, children
Can last many years, even decades

- And the last phase is ATTACHMENT
 - ◇ The bonding that promotes relationships lasting for many years, even decades
 - ◇ Generally based on commitments such as marriage, children, or on mutual friendship based on things like shared interests

3. What's Love Got to Do With It?

20-25 minutes, small group work and presentations, adult or teen co-facilitator

- Divide the students into 3 groups.
- Refer students to “What’s Love Got to Do With It?” in PM and assign each group one of the following sets of questions.

Group 1

- ◇ Do people go through these phases of romantic love (lust, attraction, attachment) only once in their lives?
- ◇ Does everyone who feels lust for someone go on to form an attraction with that person?
- ◇ Does everyone who feels an attraction for someone go on to form an attachment with that person?
- ◇ Does everyone who forms an attachment with someone keep that attachment forever?

Group 2

- ◇ Do certain phases of romantic love correspond with specific times in a person’s life? For example:
 - Do only older people experience attachment? Or can a teenager be romantically attached to another person for several years?
 - Do only young people feel lust? Or can an older person fall in love and feel lust and attraction?

Group 3

- ◇ Does romantic love always involve sex?
- ◇ Is it possible to experience romantic love without having sex?
- ◇ Does sex mean different things at different points in a romantic relationship? (For example, in the LUST stage vs. the ATTACHMENT stage.)

- Reconvene the groups and have a spokesperson from each group briefly share what they discussed.

What's Love Got to Do With It?

Group 1

- Do people go through phases of romantic love (e.g., lust, attraction, attachment) only once in their lives?
- Does everyone who feels *lust* for someone go on to form an attraction with that person?
- Does everyone who feels an *attraction* for someone go on to form an attachment with that person?
- Does everyone who forms an *attachment* with someone keep that attachment forever?

Group 2

- Do certain phases of romantic love correspond with specific times in a person's life? For example:
 - Do only older people experience attachment? Or can a teenager be romantically attached to another person for several years?
 - Do only young people feel lust? Or can an older person fall in love and feel lust and attraction?

Group 3

- Does romantic love always involve sex?
- Is it possible to experience romantic love without having sex?
- Does sex mean different things at different points in a romantic relationship? (For example, in the LUST stage vs. the attachment stage.)



4. “Sex” vs. “Intimacy”

8-10 minutes, large group lecture & discussion, adult facilitator

- Ask for volunteers to share their definition of “intimacy”.
 - ◇ What is the difference between sex and intimacy?
 - ◇ Sometimes a person who wants intimacy (to feel emotionally close to someone) mistakes this yearning for a desire for sex. Or, they may feel if they have sex with someone, that person will then feel emotionally close to them.
- And after sex, they may still feel empty and still have a yearning for intimacy.
 - ◇ Can you have sex and not be intimate?
 - ◇ Can you be intimate and not have sex?



5. What Is a Healthy Relationship?

10-15 minutes, large group discussion, adult or teen co-facilitator

- Lots of teenagers aren’t looking for a serious relationship, but some are. It’s OK just to want to hang out with other people and have a good time. Lots of people just like to hang out with a group of friends.
 - ◇ Ask students to think about these questions, without answering aloud:
- What kind of relationship are you looking for now, if any?
- How would you describe a “perfect relationship”?
- What things are “musts”?
- What do you NOT want?
 - ◇ Think about your current (or last) romantic relationship. (If you haven’t had a boyfriend or girlfriend yet, think about a couple you know.) What was good about it? What was not so good?
 - ◇ Refer students to Characteristics of a Healthy Relationship¹ in the PM. Read the list aloud (or have several volunteers read it).
- What do they think about the things on this list?
- Does it describe a relationship that you would like to be in?
- Does it seem realistic?
- Is it possible to have a relationship where both partners do all these things all the time?

What Is a Healthy Relationship?

You Demonstrate Mutual Affection

- Tell each other things that you like and appreciate about the other person
- Each person can decide if, how, and when they want to be touched, and checks in with the other to make sure the affection is mutual
- Respect each other’s values, property, bodies, pace, and limits; stop if either one says “No”

You Share Activities

- Hang out together
- Do things each person enjoys
- Encourage each other’s enjoyment and success
- Learn from each other

You Are Honest and Accountable With Each Other

- Accept responsibility for yourself.
- Acknowledge things you have done wrong; work to change the behavior
- Admit to your mistakes or to be wrong
- Communicate openly and truthfully; discuss problems
- Use “I” messages to share feelings
- Give genuine compliments
- Ask for what you want; don’t expect they owe it to you
- Ask (don’t accuse) each other about gossip

You Trust and Support Each Other

- Support your partner’s goals in life
- Respect your partner’s right to be or her own feelings, friends, activities, opinions, space, and dreams
- Express fears and share your feelings—instead of claiming ownership—when jealous

You Treat Each Other With Non-Threatening Behavior

- Talk and act so that your partner feels safe and comfortable doing and saying things

You Respect Each Other

- Ask what is important to your partner
- Ask what they think and how they feel
- Be emotionally affirming and understanding
- Listen to your partner non-judgmentally
- Value opinions their opinions
- Disagree without name-calling, out-downs or threats
- Respect their right to be safe and to control their own body and decisions
- Try to understand their feelings, even if you disagree with their ideas
- Care enough to find out their point-of-view

You Treat Each Other With Kindness

- Help each other (while respecting your own limits)
- Give gifts sincerely, not to try and get something from them
- Show you care through your respect for them

You Make Decisions Together

- Decide things together
- Negotiate differences
- Split costs fairly
- Search for win-win solutions
- No matter who pays, no one owes anyone kisses, touching, or anything else

¹ Adapted from: http://www.recovery-man.com/abusive/healthy_abusive.htm; http://www.eap.partners.org/WorkLife/Relationships/Healthy_Relationships/Characteristics_of_a_Healthy_and_Enjoyable_Friendship_or_Dating_Relationship.asp

What Is a Healthy Relationship?

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6. Are You in a Healthy Relationship?

10-15 minutes, large group lecture, individual work, large group discussion, adult co-facilitator

- Ask students to think about a current close relationship (other than with a family member)—it could be a romantic relationship, a close friend, or another. (If they don't have a relationship like that right now, ask them to think about one they had in the past or think about a relationship that they would like to have in the future.)
- Direct the students to *Are You in a Healthy Relationship?*² in the PM.

Are You in a Healthy Relationship?			
Can you speak up about anything to your partner and experience mutual understanding and kindness?	YES	NO	SOMETIMES
Do you bring out the best qualities in each other?	YES	NO	SOMETIMES
Do you feel like you can honestly ask for what you want and need in this relationship?	YES	NO	SOMETIMES
Are you both comfortable with how physical the relationship is (or isn't)?	YES	NO	SOMETIMES
Do you both feel close to each other (not just physically) and are willing to trust each other with personal stuff?	YES	NO	SOMETIMES
Do you make decisions jointly, with input from each partner?	YES	NO	SOMETIMES
Does she or he take responsibility for their own actions and not blame others for their failures?	YES	NO	SOMETIMES
Can the two of you admit when you are wrong and apologize to each other when needed?	YES	NO	SOMETIMES
Do you feel less like yourself when you have been with your partner?	YES	NO	SOMETIMES

Are you in a Healthy Relationship?

- Can you speak up about anything to your partner and experience mutual understanding and kindness?
 - Do you bring out the best qualities in each other?
 - Do you feel like you can honestly ask for what you want and need in this relationship?
 - Are you both comfortable with how physical the relationship is (or isn't)?
 - Do you both feel close to each other (not just physically) and are willing to trust each other with personal stuff?
 - Do you make decisions jointly, with input from each partner?
 - Does she or he take responsibility for their own actions and not blame others for their failures?
 - Can the two of you admit when you are wrong and apologize to each other when needed?
 - Do you feel less like yourself when you have been with your partner?
- Ask them to work individually and to go through the questions with that relationship in mind.
 - Ask them to be as honest as they can and let them know that they can keep their answers private and they won't have to share with the group if they choose not to.
 - After the students have had time to answer the questions, ask:
 - ◇ What items on the list surprised you or made you think?
 - ◇ How does the relationship you were thinking about stand up to this list?
 - ◇ Did you learn anything about yourself and/or your relationship?
 - ◇ Does anyone want to share their responses?

² Adapted from the following sources: <http://pjc.edu/rapeeducation/huhr.html>; http://www.asktheinternettherapist.com/counselingarchive_relationships_e-counseling.asp; <http://www.theright2besafe.org/articles/Healthy%20Relationships.pdf>

7. Closing

3-5 minutes, large group, discussion, adult facilitator

- Answer any questions.
- Preview next session: Reproductive Health Part 1
- Direct the students' attention to the Words of Wisdom on the wall. Ask a volunteer to read the words and to share with the group what those words mean to him or her and how they relate to today's session and activities.
- Adjourn.



NOTES



